

WHAT IS CLAIMED IS:

1. An ink comprising at least one dye in an aqueous medium, wherein the dye satisfies a relation of $\epsilon_1/\epsilon_2 > 1.2$ wherein ϵ_1 represents a molar extinction coefficient obtained from absorbance at the maximum wavelength of a spectral absorption curve obtained by measuring an aqueous solution of the dye having a concentration of 0.1 mmol/liter using a cell having a light pass length of 1 cm and ϵ_2 represents a molar extinction coefficient obtained from absorbance at the maximum wavelength of a spectral absorption curve obtained by measuring an aqueous solution of the dye having a concentration of 0.2 mmol/liter using a cell having a light pass length of 5 μm .
2. An ink set comprising the ink as claimed in Claim 1 as at least one of constituting inks.
3. The ink set as claimed in Claim 2, wherein the dye contained in the ink as claimed in Claim 1 constituting the ink set is an azo dye having a heterocyclic group.
4. The ink set as claimed in Claim 3, wherein the azo dye having a heterocyclic group is an azo dye wherein two heterocyclic groups are connected by an azo bond.
5. The ink set as claimed in Claim 2, wherein the dye contained in the ink as claimed in Claim 1 constituting the ink set is a metal chelate dye wherein a metal coordinated with a heterocyclic group form a nucleus.

6. The ink set as claimed in Claim 5, wherein the metal chelate dye wherein a metal coordinated with a heterocyclic group form a nucleus is a phthalocyanine dye.

7. The ink set as claimed in Claim 2, which is for use in inkjet recording.